



THE POWER OF KINDNESS

A PRAYER BY MOTHER TERESA

Help me to spread Thy fragrance everywhere I go. Flood my soul with Thy spirit and love. Penetrate and possess my whole being so utterly that all my life may only be a radiance of Thine. Shine through me and be so in me that every soul I come in contact with may feel Thy presence in my soul. Let them look up and see no longer me but only Jesus. Stay with me and then I shall begin to shine as you shine, so to shine as to be a light to others. *Amen.*

Be kind whenever possible. It is always possible. —*Dalai Lama*

No act of kindness, no matter how small, is ever wasted. —*Aesop*



Kind words can be short and easy to speak, but their echoes are truly endless. —*Mother Teresa*

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience.—*Colossians 3:12*

All men have been created to carry forward an ever-advancing civilization... Those virtues that befit his dignity are forbearance, mercy, compassion and loving-kindness towards all the peoples and kindreds of the earth.—*Bahá'u'lláh*

Asoul is known through his conduct, manners, words, and deeds. We must therefore strive with heart and soul that, day by day, our deeds may become more worthy, our conduct more pleasing, and our association with others ever greater, that is, that we may love and deal kindly with all who are on earth.—*Abdu'l-Bahá*

The first question which the priest and the Levite asked was: 'If I stop to help this man, what will happen to me?' But... the good Samaritan reversed the question: 'If I do not stop to help this man, what will happen to him?' —*Martin Luther King, Jr.*

But if anyone has the world's goods and sees his brother in need, yet closes his heart against him, how does God's love abide in him? —*1 John 3:17*

Kindness is a mark of faith, and whoever has not kindness has not faith. —*Prophet Muhammad*

He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?—*Micah 6:8*

O YE beloved of the Lord! The Kingdom of God is founded upon equity and justice, and also upon mercy, compassion, and kindness to every living soul. Strive ye then with all your heart to treat compassionately all humankind.—*‘Abdu’l-Bahá*

So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.—*Matthew 7:12*

Tenderness and kindness are not signs of weakness and despair, but manifestations of strength and resolution.—*Kahlil Gibran*

The smallest act of kindness is worth more than the greatest intention.—*Khalil Gibran*

You will never look into the eyes of someone
God does not love...always be kind.—*Unknown*

Kindness is the light that dissolves all walls between souls, families, and nations.—*Paramahansa Yogananda*

[Bahá'u'lláh] saith: “Ye are all the fruits of one tree, the leaves of one branch.” Thus hath He likened this world of being to a single tree, and all its peoples to the leaves thereof, and the blossoms and fruits...

For this reason must all human beings powerfully sustain one another and seek for everlasting life; and for this reason must the lovers of God in this contingent world become the mercies and the blessings sent forth by that clement King of the seen and unseen realms... Let them at all times concern themselves with doing a kindly thing for one of their fellows, offering to someone love, consideration, thoughtful help. Let them see no one as their enemy, or as wishing them ill, but think of all humankind as their friends... staying free of prejudice, drawing no lines.

— *‘Abdu’l-Bahá*



One kind word can change
someone's entire day. — *Unknown*

A kindly tongue is the lodestone of the hearts of men. It is the bread of the spirit, it clotheth the words with meaning, it is the fountain of the light of wisdom and understanding.

— *Bahá'u'lláh*

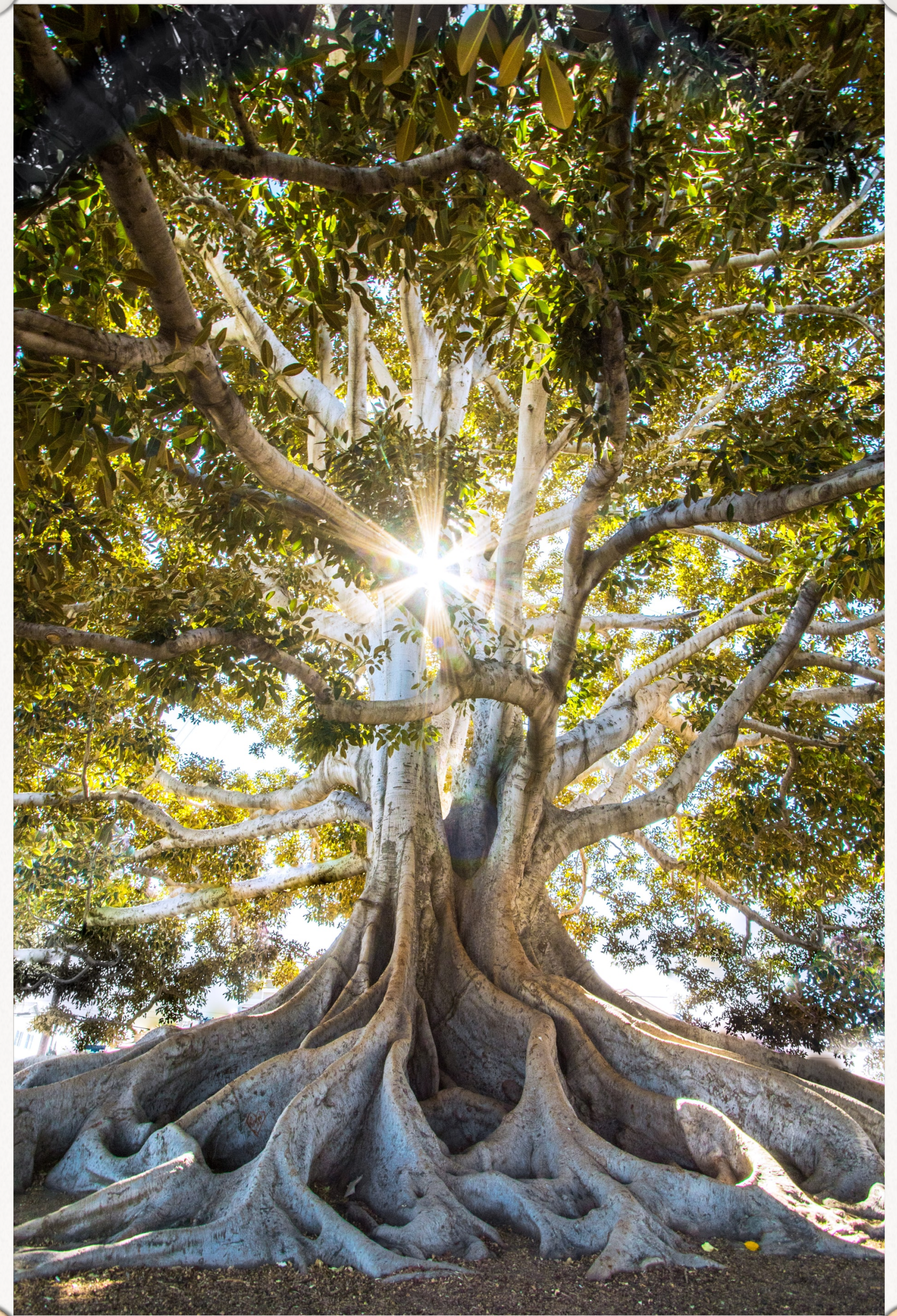
Do your little bit of good where you are;
it's those little bits of good put together that
overwhelm the world. —*Desmond Tutu*

Kindness gives birth to kindness.

—*Sophocles*

A single act of kindness throws out
roots in all directions, and the roots
spring up and make new trees.

—*Amelia Earhart*



Sometimes it's easy to lose faith in people. And sometimes one act of kindness is all it takes to give you hope again. —*Randa Abdel-Fattah*

Kindness is free to give, but priceless to receive. —*Unknown*

We make a living by what we get. We make a life by what we give. —*Sir Winston Churchill*



O SON OF SPIRIT!

My first counsel is this:
Possess a pure, kindly and
radiant heart, that thine may be
a sovereignty ancient,
imperishable and everlasting.

—Bahá'u'lláh